Vancouver metro

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Vancouver metro

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ROSEMARY WESTWOOD
Why the silence, McDonald's?
metroVIEWS

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Royal welcome

DUKE AND DUCHESS OF CAMBRIDGE MEET WITH SYRIAN REFUGEES IN VANCOUVER DURING ROYAL TOUR OF B.C.

metroNEWS

The Duke and Duchess of Cambridge arrive at the Immigrant Services Society of B.C. welcome centre in Vancouver Sunday with Prime Minister Justin Trudeau and Sophie Grégoire Trudeau. JENNIFER GAUTHIER/METRO

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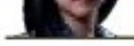
metro NEWS

Everything you need to know for the Trump-Clinton debate. **World**

Crowning moment for Syrians

The Royals in Canada

New arrivals get face-time with couple as throngs cheer



Wanyee Li
Metro | Vancouver

Thousands of people caught a glimpse of the Duke and Duchess of Cambridge as the pair toured Vancouver on Sunday, but a handful of families were lucky enough to have the chance to tell the royal couple their stories.

Prince William and Kate Middleton paid a visit to the Immigrant Services Society Welcome Centre in East Vancouver after first greeting the adoring crowds at Jack Poole Plaza and dropping by the Sheway Pregnancy Outreach Program in the Downtown Eastside on Sunday morning.

Prime Minister Trudeau and Sophie Grégoire Trudeau greeted the royal couple at the entrance of the newly opened welcome centre before they walked in together. The Duchess was wearing a red-and-white patterned dress by the late British designer Alexander McQueen.

"(Prince William) asked us where we were from and heard about our experience and then he welcomed us into Canada," said Alaa Almahameed, who arrived in Canada in August with his wife and two young daughters as a Syrian refugee.

"It was the greatest experience," he told Metro, with the help of translator Mohammad Alsaleh.

Mohammed Asaleh of the ISSBC, right, translated for Alaa and Yossra Almahameed with daughters Reemas and Reetaj and the duke and duchess. JENNIFER GAUTHIER/METRO

The royal couple listened to each family's stories carefully, said Alsaleh, a former Syrian refugee who translated their words for the duke and duchess.

"They were so compassionate and so understanding and attentive to details. And at the same time they were cautious not to bring any bad memories to the families and they were so considerate," he said.

The royal couple started their day at Jack Poole Plaza, arriving in a floatplane from Victoria, their home base during this tour. They took a few minutes to shake hands with the people who had braved the rain to see them. The crowds cheered and cried "Kate! Kate!" as the royal couple made their way toward the convoy that would whisk them around the city.

The couple made a brief stop at the Sheway pregnancy outreach program in the Downtown Eastside, listening to several mothers' stories about the impact colonialism had on First Nation families before heading to ISS of BC.

Then they went back to downtown Vancouver for a reception for young Canadians before visiting the newly renovated Kitsilano Coast Guard Station to meet first responders.

WHERE NEXT?

- Monday – Bella Bella and Victoria
- Tuesday – Victoria and Kelowna
- Thursday – Victoria
- Friday – Haida Gwaii
- Saturday – Victoria

The couple will re-join their children, Prince George and Princess Charlotte, in Victoria before heading off to Bella Bella.

JONATHAN HAYWARD/THE CANADIAN PRESS

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Soldiers of Odin: On patrol, on defence

TOLERANCE

Say they want to make B.C. safer, but face calls of racism

David P. Ball
Metro | Vancouver

"We will protect the innocent, regardless of race, colour or creed," said Bill Daniels, founder of Soldiers of Odin B.C., a street patrolling group that has become a lightning rod for accusations of ties to white supremacists, but insists its only goal is community safety and service.

"It's very hard to articulate what we're doing when this racism accusation keeps coming up. But our actions speak."

He admitted the actions of some of his European counterparts gave the group a bad name, but insisted any ties to racism in Finland — where the group's co-founder was convicted of hate-based violence — were left behind when branches began popping up across North America.

In fact, the 48-year-old told Metro in a phone interview, the group in B.C. has members who are not white.

One of those members of the B.C. group is Kazimir Nowlin, who started in Kamloops last month.

In a phone interview, he said he wanted to make his community safe enough for citizens to walk downtown without being mugged, stabbed or scared of drug activity, to help children with special needs, and to clean up litter in city parks.

"We're not trying to be vigilante or anything else," he said. "Vigilantes are out looking for attackers or assailants; we're not looking for them, we're trying to discourage them by our presence … Our policy is to contact the authorities."

When asked about the allegations the group is linked to white supremacist and anti-refugee violence in Europe, particularly Finland, he insisted that's taking it out of context and ignoring their acts of community service.

"There's no racism whatsoever in this," he said. "I'm East Indian; I'm a brown guy. How can this be a racist thing? We have Muslims, Sikhs, and people of mixed ethnicity.

"If you go to Finland, it's not as cultured as Canada, but the idea is the same.

"No matter how you look at it, it has same purpose: to protect and make sure the citizens of the country are safe. We adapt to our culture and each country's laws."

Alnoor Gova, a University of B.C. doctoral graduate who wrote his PhD thesis last year on anti-Muslim racism in Canada, said the Soldiers of Odin's claim to not be racist stems from what he called an incorrect definition of racism that's solely based on skin colour, rather than dividing groups of people into hierarchies.

"Folks can also say, 'Well, Islam is a religion of all races so I am not being racist,'" he told Metro in a Facebook interview. "But racism is deeper than skin colour.

"(Soldiers of Odin) boasting of people of colour in membership is an old strategy to show a kind of solidarity with the folks so racism doesn't show overtly. But once their mandate is examined the veneer can't hold up."

How can this be a racist thing? We have Muslims, Sikhs, and people of mixed ethnicity.
Kazimir Nowlin, member of Soldiers of Odin B.C.

The Soldiers of Odin group has begun patrolling the streets in several B.C. cities. FACEBOOK

CRIME

Police nab suspected thief

A violent incident at a Vancouver McDonald's led police to arrest an alleged motorcycle thief on Thursday.

They responded to a call at 10 p.m. after a man allegedly struck a McDonald's employee in the face with a motorcycle helmet on Main Street and Terminal Avenue before fleeing the scene on a Harley Davidson.

After reviewing surveillance footage, investigators determined the motorcycle had been stolen. They tracked it to east Vancouver, near St. George Street and Kingsway. Two police cruisers were able to pin the motorcycle and stop the combative suspect from riding off. They were able to arrest the man with the aid of a police dog. The suspect was taken to hospital for puncture wounds to his leg from a dog bite and was later taken into custody.

Vancouver police say the man, 47, has a lengthy criminal record and faces numerous charges related to the stolen motorcycle and assault. MATT KIELTYKA/METRO

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The Vancouver School Board will decide Dec. 12 what schools will be closed because of the budget shortfall.
JONATHAN HAYWARD/THE CANADIAN PRESS

Closures on the agenda

SCHOOLS

Meeting to examine sites to shutter

Neal Hall
For Metro | Vancouver

The Vancouver school board will move to the next step Monday to consider closing 11 Vancouver schools in order to save money because of a budget shortfall.

The original recommendation was to close 12 Vancouver schools, including two east-side high schools, Gladstone and Britannia, but after reconsideration, Britannia now is off the list of potential schools to be closed. Monday's meeting will decide which of the schools will be formally considered for closure.

School board chairman Mike Lombardi said the final decision won't be made until Dec. 12 after an intensive consultation period over the next two months.

He said Sunday he's feeling "pretty confident" that the provincial government will find additional funding for the Vancouver school district before the provincial election next May.

The school district will have an estimated $22-million budget shortfall during the 2016-17 fiscal year, which critics blame on government under-funding.

School trustee Patti Bacchus had argued in favour of taking Britannia off the list because of the number of programs the school offered to Indigenous and low-income students.

"I was pleased that the majority agreed," she said Sunday, adding the board still faces tough decisions about which schools should be closed.

"We're faced with decisions ... that will affect communities for generations."

The school board has been flooded with letters and petitions from parents and students who will be affected by the potential school closures, she said, and the emails are coming faster than she can read them.

THE CANADIAN PRESS

IN BRIEF

U.S. designates PacNet a 'criminal organization'

A Vancouver company has been designated a "significant transnational criminal organization" by American authorities.

The U.S. Department of the Treasury's Office of Foreign Assets Control made the designation on Thursday, alleging that PacNet Group is the "third party payment processor of choice" in a wide range of mail fraud schemes, cashing cheques sent in by victims of scams. MATT KIELTYKA/METRO

Man dead after targeted shooting in Maple Ridge

A shooting in Maple Ridge has left one man dead.

Ridge Meadows RCMP say shots were fired just after 2 a.m. on Saturday in a suburb southeast of the city centre.

Police say they found a 32-year-old man with gunshot wounds and sent him to hospital where he died as a result of his injuries. Mounties say they cannot release the name of the victim because next of kin have not yet been contacted. THE CANADIAN PRESS

TRAVEL

British tourists flock to British Columbia

Jen St. Denis
Metro | Vancouver

As the Royal family visits British Columbia this week, new figures show that British tourism numbers are the highest they've been in 15 years, reaching 3.2 million overnight visitors from the United States and other countries in the six-month period between January and July.

The last time numbers approached the three million mark for the same period was in 2001 and 2002: in each of those years, 2.9 million tourists visited B.C. between January and July, according to statistics collected by Destination BC.

The highest increase in international visitors were tourists from the United Kingdom, up 35 per cent compared this July compared to July 2015. British visitors were the largest group, at 35,922, after the United States, at 867,903.

35%

The number of visitors from the U.K. have gone up by 35 per cent from 2015.

The next highest increases in visits were from Australia (30 per cent), Italy (25 per cent), the Nordic European countries (25 per cent), South Korea and New Zealand (both up 22 per cent) and Mexico (20 per cent).

Like the province's booming film industry, B.C. tourism has been given a boost by the low Canadian dollar over the past three years.

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Meet the pinball champion

RECREATION

Winning world championship 'was the best feeling ever'

Neal Hall
For Metro | Vancouver

Robert Gagno at the Flipout Pinball Expo in Vancouver on Sunday. NEAL HALL/FOR METRO

Robert Gagno is leaning over a pinball machine Sunday at Vancouver's Flipout Pinball Expo, surrounded by dozens of other players at various machines.

He scores 100,000-point jackpots every few minutes.

"A 100,000 score on this machine would be good," explains Gagno's mother, Kathy, a Burnaby school psychologist.

"I've seen him play an hour on the first ball," she says.

Robert's score hits 100 million, then 200 million. After he loses his third ball, his score sits at 320 million, a new record for the machine.

Gagno, 28, who has autism, who won the world pinball championship earlier this year in Philadelphia. Last weekend he also placed first in a tournament for Pacific Northwest in the U.S.

"It feels amazing when I'm playing 100 per cent and I'm in the zone," Robert says during a break at the Vancouver tournament, which he didn't win.

> **It feels amazing when I'm playing 100 per cent.**
> Roberto Gagno

"I'm feeling a bit tired and need a break," he says.

His father, Maurizio Gagno, an electronics technologist manager, says his son has a photographic memory. To demonstrate, the dad brings up the image of a roulette wheel on his phone.

Ask him to recall the numbers on the wheel, either clockwise or counter-clockwise, the dad says.

Let's go clockwise, I suggest. Robert lists off the numbers all the way around the roulette wheel without a single error.

His mother says that one time when Robert was playing a pinball tournament in Las Vegas, they let him play three games on the roulette wheel.

He won three times, walking away with $900.

"We don't know how he really does it," Kathy Gagno says, adding the Robert is naive in many ways and doesn't really understand things like money, so for now still lives with his parents.

Although Robert was a cute kid — he got a role as one of the kids in the made-in-Vancouver movie Look Who's Talking 2 with John Travolta at the age of 18 months — his parents were concerned that Robert wasn't talking at that age. They thought he might be deaf. They would later learn he has autism.

His parents first noticed their son's pinball talent when they were having dinner at the now defunct Wally's Burgers when their son was about five years old.

"He was a hyper kid but he got really focused on the pinball machine."

His parents bought him a pinball machine for his 10th birthday. And while Robert's dad was on a business trip to Toronto, he noticed there was a pinball tournament and took Robert to play.

He did amazingly well and soon ranked in the top five pinball players in Canada.

He now has a dozen pinball machines in his parents' garage, which is set up as an arcade.

Asked what it was like to win the world championship earlier this year, Robert says: "That was the best feeling ever." He adds that the trophy he took home weighs about 35 pounds.

Robert's long-term goal, however, is to live on his own one day.

"And have a girlfriend," his father says.

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Military cannot track sex assault convictions

ARMED FORCES

Uncertainty remains despite success fighting misconduct

While senior military commanders point to an increased number of criminal investigations as proof their fight against sexual misconduct is working, military justice officials admit they don't know how many service members are ever actually convicted.

This week, defence chief Gen. Jonathan Vance told a Senate committee that there had been a 22 per cent increase in the number of alleged sexual offences reported to military police between January and June.

But the deputy commander of military police, Lt.-Col. Brian Frei, says he doesn't know how many of those who are eventually charged end up being found guilty.

The problem, Frei says, is that the majority of cases end up in civilian courts, which makes them difficult to track.

Frei says it's one of a number of statistical deficiencies that the military justice system is working to address as the Canadian Armed Forces tries to eliminate sexual misconduct in its ranks.

Defence Chief Gen. Jonathan Vance told a Senate committee last week that military police are on track to see a 22 per cent increase in the number of reported sexual offences from the previous year.

"About half of these are old cases," Vance said. "This demonstrates to me that at least some of these victims now believe, perhaps for the first time, that we will hear them and take action."

Criminology expert Holly Johnson says such information is essential for instilling confidence in victims that their cases will be properly addressed and so military police learn from their mistakes.

THE CANADIAN PRESS

Defence Chief Gen. Jonathan Vance speaks during a news conference In Ottawa on Aug. 30. FRED CHARTRAND/THE CANADIAN PRESS

LOS ANGELES

Tributes to man found dead in star's home

An actor found dead at the Los Angeles home rented by television personality George Stroumboulopoulos is being remembered by friends and family as a free spirit who loved the outdoors and always had a smile on his face.

John Struthers, who went to high school with Richard Hong in Montreal, described his friend as "the type of guy it was tough not to like."

"He was just a good spirit and he always had a good attitude — smiling and fun-loving," he said.

Struthers said Hong grew up in Montreal before moving to Los Angeles to pursue an acting career. In high school, Hong was involved in sports and played on the basketball team, he said.

When they were last in touch about five years ago, Struthers said Hong had turned to surfing and was pursuing acting, but was otherwise "just the same."

"He was a positive spirit for everyone around him," he said. "For such a good person to be taken so early is really incredible."

Hong's sister also posted a short message on Facebook saying her brother would "forever be missed."

"He had such a sweet, pure & free loving spirit," Virginia Hong wrote. "He was too young to be taken so soon."

THE CANADIAN PRESS

LIBYA

Canadian kidnapped

Ottawa has confirmed that a Canadian is among three people taken hostage in Libya earlier this week.

In a statement Sunday, Global Affairs spokesman Michael O'Shaughnessy says the Canadian government is "diligently pursuing all appropriate channels to obtain more information about this troubling incident." He said the government will not comment further or release any information that may compromise efforts to secure the hostages' release. THE CANADIAN PRESS

CRIMINAL JUSTICE

Teen snared in murders deported to Canada after legal standoff

A teenager caught up in a double shooting in Florida that left his older brother dead has been quietly deported to Canada following a remarkable standoff between U.S. federal authorities and the state judge who sentenced him.

American immigration agents escorted Marc Wabafiyebazu from Miami to Montreal earlier this month where he was reunited with his mother, Roxanne Dube.

"It's done. It's done. It's done," Dube, a senior diplomat, said in an interview from Ottawa. "He has his life ahead of him."

Now 16, Wabafiyebazu is back home in Ottawa studying privately for his high-school equivalency and reconnecting with family and friends as he relaunches his life shattered by the gunfire in March last year that killed Jean Wabafiyebazu, 18, and another teen.

Although authorities never accused the younger sibling of shooting anyone, he nevertheless found himself facing a minimum 40-year prison sentence on charges of felony first-degree murder. Instead, in a plea deal rarely seen before, Wabafiyebazu pleaded no contest in February to reduced charges of felony third-degree murder.

In exchange, Circuit Judge Teresa Pooler sentenced him to in-custody boot camp, house arrest and a minimum five years probation to be served in the United States.

What neither Pooler nor prosecutor Marie Mato seemed to have realized at the time is that federal immigration authorities would have no intention of allowing him to serve his probation in the U.S.

> **"I've never seen anything quite like this; the whole thing is surreal."**
> Curt Obront

"They had not foreseen that at all, which created a very tense situation," Dube said, her voice choking." They were beside themselves."

In late July, as Wabafiyebazu was completing boot camp with flying colours, immigration authorities went to pick him up. State authorities, however, refused to hand him over without Pooler's consent.

What followed were a series of court hearings at which Pooler and Mato made it clear they would never have signed off on the plea agreement had they known he would be deported immediately upon release.

"The court thought he would be serving five or 10 years of probation here," Wabafiyebazu's lawyer, Curt Obront, said from Miami. "The court and prosecutor were displeased that he was returning to Canada so quickly."

Pooler and Mato also appeared to think Dube had perjured herself in February when she promised to supervise her son's probation in the U.S.

Dube, however, insisted she had made her promise in good faith and had been fully prepared to stay in the country for as long as her son was required to be there.

THE CANADIAN PRESS

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A huuuuuuge showdown

U.S. ELECTION

Hillary and the Donald to finally go head-to-head in war of words

Donald Trump. Hillary Clinton. Yelling at each other, for once, instead of about each other.

The presidential debate on Monday is the first one-on-one showdown between two unpopular candidates who have tried to make the election about the abject terribleness of the other. With a record television audience expected, it offers each of them a critical opportunity to repair a tarnished image and reshape a close race.

Here's what you need to know:

THE BASICS: Time: 9 p.m. to 10:30 p.m. Location: Hofstra University, Hempstead, N.Y.

THE FORMAT: Six 15-minute segments on topics chosen by moderator Lester Holt, two from each of the vague categories he announced last week: "America's Direction," "Achieving Prosperity" and "Securing America." Holt will begin each segment with a question. Both candidates will get two minutes to respond. Then they'll get a chance to respond to each other.

Hillary Clinton and Donald Trump will have their first head-to-head debate Monday. THE ASSOCIATED PRESS

THE AUDIENCE: In Trumpese: huge. There is a chance the debate will be the most-watched campaign event in American history. About 70 million people watched the first debate of 2012; a Fox News Channel executive told Adweek that he expects 80 million to watch this one. "I think there's a lot more at stake here than in a normal presidential debate," said Alan Schroeder, author of Presidential Debates: 50 Years of High-Risk TV.

THE CONTEXT: Clinton's once-large national lead has shrunken to two points over the last three weeks amid broad concerns over her honesty and, to a lesser extent, her health. She leads in enough swing states to give her a victory, but now just barely, and she is underperforming with millennials.

Trump's problems are numerous: a majority of the electorate thinks he lacks the knowledge and temperament to be president, non-white people overwhelmingly see him as a racist, and he, too, is widely seen as dishonest.

HOW MUCH IT MATTERS: Remember this during your hypothetical mid-debate and post-debate freakouts: whatever happens, even if it seems big, is unlikely to be the thing that decides the election; research suggests that massive debate "game-changers" more or less do not exist.

HOW THEY PREPARED: Like you'd expect them to: Clinton exhaustively, Trump sporadically.

FIVE PHRASES YOU WILL PROBABLY HEAR FROM TRUMP: "Believe me," "Tremendous," "We don't win anymore," "I will fix it," "What do you have to lose?"

FIVE PHRASES YOU WILL PROBABLY HEAR FROM CLINTON: "Tax returns," "economy that works for all," "rise together," "dangerous," "Ronald Reagan."

TORSTAR NEWS SERVICE

WASHINGTON STATE

Suspected shooter had a troubled past, records show

The 20-year-old man suspected of killing five people with a rifle at a Macy's makeup counter had a string of run-ins with the law in recent years, including charges he assaulted his stepfather, and was described by a neighbour as so "creepy, rude and obnoxious" that she kept a Taser by her front door.

As investigators tried to piece together information on Arcan Cetin, who was arrested Saturday evening after a nearly 24-hour manhunt, a picture emerged of a troubled young man. Court records show more than a half-dozen criminal cases in Island County alone since 2013.

Authorities said the gunman in the attack at the Cascade Mall in Burlington opened fire in the department store's cosmetics department Friday night, killing a man and four females ranging from a teenager to a senior citizen. The killer then fled.

Cetin said nothing and appeared "zombie-like" when he was taken into custody outside his apartment some 30 miles away in Oak Harbor by a sheriff's officer who recognized him as the suspect, authorities said.

Cetin immigrated to the U.S. from Turkey and is a legal permanent resident, officials said.

Critical questions remain, including the gunman's motive. The FBI said early Saturday that there was no indication the shooting was terrorism.

Amber Cathey, 21, lived in an apartment next to Cetin for the past three months and said she was so frightened by him that she complained to apartment management and kept a stun gun handy. Cathey said she blocked him on Snapchat after he sent her a photo of his crotch.

"He was really creepy, rude and obnoxious," Cathey said.

The Seattle Times reported that court records show Cetin faced three charges of assaulting his stepfather. The newspaper said Cetin also was arrested on drunken driving charges.

THE ASSOCIATED PRESS

Arcan Cetin, the alleged killer. JEFF RITTER/KIRO7 VIA AP

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New banks carving out niche markets

BANKING

Three entrants usher in era of competition in financial sector

The Office of the Superintendent of Financial Institutions (OSFI) has approved three new Schedule I banks since Jan. 1 — raising the number of domestic banks in this country to 30.

At the end of last year there were 27 Schedule I banks, the same number as in 2011.

The 10 per cent jump this year suggests a lot of movement in an industry that traditionally has many barriers to entry.

The new wave of banking entrants is empowered by technology, post-financial crash confidence and opportunities for niche players in a new era of competition — and possible instability — in the financial services space.

Exchange Bank of Canada announced last Monday its virtual doors were open for business, while New Brunswick's Caisse Populaire Acadienne (now called Uni) and Wealth One were given the go-ahead in July.

Another credit union, Ontario's Meridian, said in August that it is in the second phase of its licence and confident its national digital-only offering will join the banking scene by 2018.

Charles Lambert, president and CEO of Wealth One Canada, in the first and only retail branch in Canada. Wealth One hopes to cater to Chinese Canadians. CHRIS SO/TORSTAR NEWS SERVICE

It may seem like the current wave of banking entrants is a new trend, but it is actually the continuation of a decades-long wave of new competition, said Terry Campbell, head of the Canadian Bankers' Association.

The doors opened in 2001 with changes to the Bank Act that ushered in tiered ownership structures that allowed smaller banks with $2 billion or less in equity to have a single owner. The changes allowed retailers like PC Financial and Canadian Tire and communications companies like Rogers to create their own banks.

"It's bringing more competition into the marketplace and has since the early part of the last decade," Campbell said.

> **Becoming a bank is a very, very long process.**
> Charles Lambert

Wealth One, which received orders to carry on business in July, is a digital-focused bank that caters to the Chinese-Canadian community. It was founded by a group of Chinese entrepreneurs who discussed the opportunity for such a financial institution given the country's large Chinese demographic.

CEO Charles Lambert left his job at Scotiabank for the opportunity to start up a new financial institution — the first domestic bank in Canada owned by Chinese-Canadian immigrants.

Lambert believes that by providing culturally aligned services to one of Canada's largest and fastest growing immigrant populations, Wealth One will be able to carve out a niche that will lure some customers away from the big banks.

The bank will exist mainly online, but will also have offices in Toronto and Vancouver and a retail location in Markham, Ont. It filed its application in 2012.

"Becoming a bank is a very, very long process," Lambert said, TORSTAR NEWS SERVICE

PACIFIC NORTHWEST

Clock ticking down on B.C. gas project

Time is running out for the federal government to decide on whether to approve the Pacific NorthWest LNG project, which could open the way for one of the largest infrastructure investments in Canadian history.

The legislated deadline for a decision on the Petronas-led, $36-billion liquefied natural gas project on British Columbia's north coast is Oct. 2, following numerous delays in the review process including a three-month extension earlier this year.

The project has drawn intense scrutiny, both for the carbon emissions it would cause, and for the potential impact the $11.4-billion export terminal on Lelu Island, south of Prince Rupert, B.C., would have on the fertile wild salmon habitat.

The Canadian Environmental Assessment Agency released a draft environmental report in February that found the project would not result in serious harm to fish habitat. However, its report also stated carbon dioxide emissions totalling 5.3-million tonnes a year from the LNG facility, and another 6.5-million to 8.7-million tonnes from collection and transportation of the natural gas, would pose a significant ecological threat.

Since then, the CEAA has been working to produce a final report with attached conditions, taking into account information provided by Petronas and over 34,000 comments from the public on the draft report, CEAA spokeswoman Karen Fish said in an email.

Once a final report is complete, it will be up to federal cabinet ministers to decide whether the project will cause significant adverse environmental effects, and if it does, whether those effects are justified.

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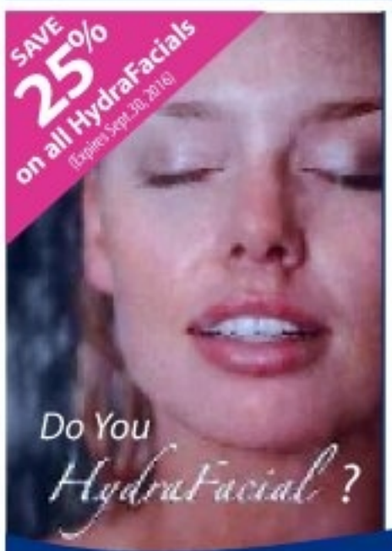

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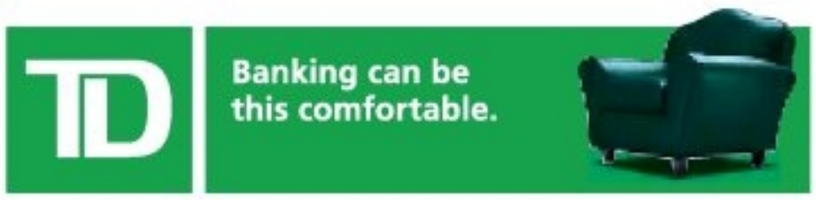

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Your essential daily news

VIEWS

PHILOSOPHER CAT by Jason Logan

ROSEMARY WESTWOOD

McDonalds' Canada owes this Halifax teen an apology

What began as a good news story as devolved into a bonafide mess around the pivotal issue of trans employment, and a Halifax McDonald's has some explaining to do.

First, Kenny Cooley made international headlines: A trans teen welcomed onto, of all things, a football team.

Cooley found "a family" in one of the most gender-normative, hyper-masculine spaces in our society. "You feel like you're a brother," he told media of his spot as wide receiver for the Halifax West High School Warriors.

Then, two days after his story hit the news, he was fired from his job at McDonald's.

Cooley told Metro News he was fired for a scheduling mix-up, and for all the media coverage he's earned. The McDonald's owner operator Bob Smith said the allegations are shocking, and "not true." The Halifax LGBTQ group the Youth Project is calling on franchise to give Cooley his job back and apologize.

That would be the obvious move. At the very least, Mr. Smith needs to explain why Cooley was let go, if it wasn't simply for being trans, and open about it. Especially when, for trans people in this country, a stable job is the kind of pivotal issue on which so much else depends.

Anyone with a passing interest in trans rights will know the well-documented employment discrimination. According to research from Trans PULSE in Ontario, the trans unemployment rate is at an incredible 20 per cent (it's 7 per cent nationally).

Kenny Cooley. JEFF HARPER/METRO

Only 37 per cent have full-time jobs, and the median income of trans people in Ontario is a mere $15,000.

The research found stories of trans people not getting jobs because of their gender, being fired or dismissed.

It's the kind of discrimination set to be made illegal under the Liberals' Transgender Bill of Rights, introduced last spring.

But it's not only a matter of human rights -- really, human dignity. The discrimination of trans Canadians is also bad for our economy.

A 2011 UCLA study into the economic impact of trans employment discrimination found that it cost the state of Massachusetts millions of dollars a year, plus at least $3 million in additional healthcare expenditures.

Of course, for Cooley, this is personal. "It kind of made me feel really bad," he told Metro of losing his job. "It's not right."

No.

And neither is the employment fate for so many other trans people in the country. But the truth is it's all too common.

TIMELINE
How Metro reached out to McDonald's Canada

Wednesday afternoon

Emailed McDonald's regarding allegations from Kenny Cooley. No response by 5 p.m.

Wednesday night

Metro went to Bedford location to speak with manager in question. Another employee said she wasn't available and we were asked to leave.

Wednesday night

Shortly later, a statement from franchise owner Bob Smith is released: "Shocked by these allegations as they are simply not true."

Wednesday night

Metro follows up with McDonald's to confirm Kenny Cooley was in fact no longer working for them. No response.

Thursday afternoon

Metro again emails McDonald's looking for response, including whether they will apologize to Cooley. No response.

Thursday afternoon

Thursday afternoon: Metro goes to Bedford location again to try and speak with manager. A different employee says she isn't there but takes our card and says someone will be in touch. No response.

URBAN ETIQUETTE
ELLEN VANSTONE
LIGHTNING ROUND

This week, in the interest of changing things up a bit, and offering fresh reminders about old issues, we decided to try a lightning round.

Is it OK to sit in the front seat of a taxi?

No. That's the driver's private domain, where you must not go without permission (e.g., when you're trying to squeeze in an extra person who won't fit in the back). While we're on the subject, when you're driving, always offer the front seat to the adults, and let kids and teens sit in the back seat.

Can I raid the fridge when babysitting?

If you're a teenager being paid less than minimum wage, help yourself to anything that is open, plentiful, non-alcoholic, and not likely to be missed. In return, make sure you leave the kitchen spotless. If you're a professional sitter, don't eat or drink anything unless you're also making it for the kids, or it's just a cuppa.

Can I raid the fridge when housesitting?

If the rules aren't laid out at the beginning, be discreet about what you eat. Eat up the perishables, then buy your own food. Nobody wants to come back and feel like their home has been raided by locusts.

Is it OK to take the last drop of milk for my coffee, or should I always leave a drop for the next person?

Take the last drop and dispense with the carton. It's not helping anyone to leave a single useless drop, especially if your ulterior motive is to avoid having to rinse out the container, put it into the recycling bin, and procure a new carton of milk.

What do I do if I forget someone's name in the middle of introducing them to someone else?

There is nothing to be done but apologize and admit it. The next step is to train every single person you know to follow this simple rule: When you are being introduced to someone, never wait for the person who's introducing you to come up with both of your names. Instead, leap in and say: "Hi! Nice to meet you! My name is [your name here]! What's your name?"

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U.K. police arrest man in hacking of Pippa Middleton's phone

NEW BOOK

Author argues homes aren't only way to build wealth

Genna Buck
Metro | Toronto

As a landlord, as a renter, and as an analyst at CIBC, Alex Avery has observed a culture, Canada-wide, of what he calls "cult-like" devotion to home ownership and a resulting epidemic of bad real estate advice.

His new book, The Wealthy Renter, encourages young would-be buyers to stop and think about what they could be doing with their money instead. He spoke to Metro about why renting has gained such a bad rap.

What convinced you to write this book?
Home ownership is so broadly promoted that renting has become a four-letter word. A lot of young Canadians are feeling a lot of pressure to buy into home ownership, at the same time as house prices have been rising, debt levels are high and interest rates are low. It's a very tough time to understand the housing market.

What should people think about when they're deciding whether to buy a home?
It's really important to understand the total cost of home ownership. The mortgage is just a small fraction. When looking at how much the value of their home has gone up, homeowners tend not to factor in the cost of renovations, maintenance and the interest they paid on a mortgage. They simply say, "This is what I started with, this is what I ended with." If they had put that into a different investment, they may have done better.

If I'm a renter, where should I put my money? I know nothing appreciates like a house, but ...
"Nothing appreciates like a house" is a huge misconception. House prices have actually massively lagged the TSX composite (Canadian stock market index) over the last 25 years. In fact, you would have delivered almost triple the amount of money buying into the TSX as you would have buying into the Canadian housing market. Home ownership comes with a forced savings program in the form of a mortgage. Renters need to replicate that through some other means. And many of those alternatives offer prospects for better returns than housing. It can be as simple as an automatic transfer into an investment account.

Many renters don't have much, or any, money to put aside at the end of the month. Does your advice apply to them?
I think that it applies to all Canadians, and one of the really negative things about housing is that it's not a scalable investment. You can't just buy $10,000 of a house. In Toronto, you have to buy $500,000 or $800,000 or a million dollars. In an exchange-traded fund or a mutual fund, you can do it a hundred dollars at a time.

Why do people want to own homes so badly? It's more than just a financial thing, it's a status thing.
It's a huge marketing campaign, by the real estate industry and by friends and family who may not understand other investments, and feel they've made a good choice by buying a home. The government of Canada is also a huge promoter of home ownership, and the reasons they do it are very good. But there isn't one prescription for everyone.

What surprised you most during your research?
The passion with which home owners promote home ownership. It really is a cult. There is no amount of logic, facts or supporting evidence that will convince a truly passionate homeowner that there's any better investment than home ownership.

Renting isn't all bad

'Nothing appreciates like a house' is a huge misconception
Alex Avery, author of The Wealthy Renter

INVESTING

Should you buy stock of familiar brands?

It's something financial planner Mark Coutts sees from time to time.

Clients come into his Toronto office and tell him they want to invest in a company's stock based solely on its brand-name recognition. Often, it's an investment strategy he cautions against.

"Just because you own an iPhone doesn't necessarily mean that Apple is the right stock for you. Just because you get a coffee every morning at Tim Hortons doesn't mean that's the right investment for you," said Coutts, an adviser at Sun Life Financial.

"It means you understand the product, but do you understand all the other factors you would normally consider when making any investment decision: the strength of the management, their competitive advantage, the maturity of the industry, the economic factors that impact that sector. Those are all factors you should bake into the equation."

The idea of investing in what you know has been touted by many, including legendary investor Warren Buffett.

The reasoning behind it is that people have a better grasp on what they're investing in if they understand the products or services of the company.

While owning a piece of large, well-known companies may be attractive to many, one of the risks investors can run into is missing out on the potential for faster or bigger growth if they only stick to the tried-and-true brands. With Apple, for instance, investors may want to buy the company's shares because they see the huge lineups out the door every time it launches a new product.

But getting in on the company now may be expensive, and there may be more growth opportunities if investors looks at smaller firms that may have a connection to Apple, such as its chip maker. Coutts says buying into big, brand-name stocks also doesn't guarantee perpetuity, such as the cases of Bombardier and the now bankrupt Canadian tech firm Nortel Networks, which both saw their shares plummet

THE CANADIAN PRESS

Clients often want to invest in a company's stock solely based on brand-name recognition and it's not always a good strategy. GONZALO ARROYO MORENO/GETTY IMAGES

Running the world's toughest races

ULTRAMARATHONS

Bloody toes and blisters don't scare these athletes

Ultramarathoner Paul Borlinha's next challenge is a 400-kilometre race through the Gobi Desert. This is a picture of him at the canyon water crossing in Chile's Atacama Desert when he ran the race a couple of years ago. CONTRIBUTED

Imagine traversing through a canyon of waist-deep water at an altitude of more than 3,000 metres. Imagine doing it for five kilometres, knowing it's a mere fraction of the distance you'll need to cover over the next six days in the driest place in the world. And, you've yet to arrive at the most punishing terrain.

The next day, if you're like Paul Borlinha, your feet are blistered. Your pack is heavy. You're briskly moving along broccoli-like rock formations. And there's a 40-kilometre stretch ahead of you before you reach the base camp.

At the end of the day, you'll be hydrated, you'll have a tent to protect you while you sleep and you'll get medical attention, if needed. The rest is up to you. As you rest, you'll reflect on the sand dunes, salt flats and gravel that lie ahead.

This is a sample of what you'll encounter if you dare to sign up for a 250-kilometre, seven-day race through Chile's Atacama Desert, with little more than a 20-litre backpack carrying only the essentials.

This desert run is a niche variation of what's known as an ultramarathon, a race category that includes any distance beyond 50 kilometres.

A few days from now Borlinha will do it all over again, but with the bar raised. The 52-year-old, a race veteran who's finished nine ultramarathons and five Ironman competitions to date, will attempt to conquer a mind-boggling 400-kilometre course in the Gobi Desert.

If that sounds daunting, it is, Borlinha contends, but the training at times can be gruelling, too. It's a test of endurance and also a test of will. Yet, there's something within that compels him to constantly seek new challenges — what he says drives him the most.

"It's about a real deep focus," he said at a coffee shop in Toronto's High Park. He occasionally trains in the area. "You stop thinking almost. You're numb. In some cases, it's good. You don't feel the pain as much."

"The reality comes back when you start to feel the pain and it snaps you out of autopilot."

The 4 Deserts Race Series, which stages the Atacama Crossing, puts runners through the test on four continents, in some of the world's most extreme conditions: the Atacama Desert, Sahara Desert, Gobi Desert and the Antarctic. To date, after the inaugural Gobi March in 2003, more than 7,000 people have participated in nearly 50 competitions.

"At the end of the fourth day, I had to drill some holes right down through my nails"

Paul Borlinha on relieving the pressure in his toenails during a 250-km Atacama Desert race

As one of 200-odd competitors enlisted in each race, there are moments when Borlinha — who in 2014 became only the third person to do all four in the series, as well as a Roving Race that annually changes locations, all in one year — said he had no choice but to confront pain.

"At the end of the fourth day, I had to drill some holes right down through my nails" to release the pressure, he said, which forced blood to explode "like a little geyser."

Somehow Borlinha, an entrepreneur who runs a creative agency, finds time to prepare. He says it's difficult to formulate a consistent routine, but typically he'll run between 130 to 160 kilometres a week. Weekdays, he'll run 16 to 24 kilometres each day, split into two or three sessions. One run will focus on interval training; the other, elevation.

On most Saturdays and Sundays, he'll split 50 kilometres over three sessions separated by five hours of recovery time. The first is a warm-up; the next one is faster, usually along the Humber River if he's in Toronto; for the final one, he slows down the pace.

When the season changes, he still trains outdoors here as much as possible but since he's on the road frequently, he'll often head to warmer destinations to get mileage in.

In preparation for the fall Gobi race, he's conducted "experiments," for which he'll deprive himself of sleep and rest in short intervals to figure out an optimal pace.

After Gobi, Borlinha — known as The Beast in racing circles for his monstrous approach to a course — might be hard pressed to find a similar rush. Now that he's competing at this level, any lesser distance will bore him.

"I don't know what's next. I'll quit before I start doing a marathon."

TORSTAR NEWS SERVICE

TRUE GRIT

Here's a look at two Canadians who've punished themselves for the glory of running through deserts. Each is signed up for the 250-kilometre Atacama Desert Crossing in October.

Isabelle Sauve, 40, East Ferris, Ont., police officer

Experience: One 250-km ultra-marathon (Marathon Des Sables in Morocco); one Ironman; five half-Ironmans, three marathons

Sauve has done a lot of endurance races, but wanted to attempt a course that was seemingly impossible. "You are capable of so much more than you think," she said. "I enjoy being put in those situations because you learn how to push yourself."

Cynthia Fish, 55, Montreal, retired university professor

Experience: Five 4 Desert ultra-marathons; Race to the Stones (100 km, England); Winery Running Festival (50 km, Australia)

For Fish, these competitions are an escape. "It's a total meditation. Your mind stops thinking about all sorts of foolishness. Your body is really aware of what's going on around it. You really feel alive."

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WHY I LIKE MY JOB

Eddie Suliman, Wedding & Event Planner/Owner of Mystical Weddings & Eddie Suliman Events

Back in 2010, I was working with an airline carrier that closed its doors unexpectedly. I was suddenly faced with a decision: I could either apply for a job at another airline or start my own business. After doing some research on what it would take to become a wedding planner (I had always been fascinated by weddings), I chose the latter option.

Within one year I obtained formal certification from the Wedding Planners Institute of Canada (WPIC) and started to build a professional website, design a company logo and promote my brand. Five years later, I've had the pleasure of coordinating an array of events including political fundraisers, award shows, grand openings, product launches, weddings and birthday parties.

I definitely feel more in my element after transitioning to a career in event planning. I enjoy taking advantage of my creativity while coming up with fun event themes and helping my clients to save time, stretch their budgets and cut out any needless costs. Above all, my job allows me to build long-lasting friendships with all of my clients — they love that I treat every event as if it were my own.

THE BASICS: Event Planner

$44,015

Median annual salary for an experienced professional. Event managers and directors can earn up to **$61,800** per year.

+9%

Projected rate of job growth over the next eight years.

Data for this feature was provided by payscale.com, trade-schools.net, ontariocolleges.ca and onetonline.org.

HOW TO START

Event planning and management programs are typically offered by colleges or online-learning institutions. Alternatively, a diploma in hospitality management or travel and tourism may also prove beneficial since most courses in these disciplines focus on accounting and budgeting, event marketing and sponsorship, contract negotiation, guest services and volunteer management.

WHERE YOU CAN GO

Whether celebrating a major milestone, facilitating a weekend conference, or putting together a week-long festival, there are endless opportunities. Although the wedding industry tends to be the most popular avenue, professionals may also seek employment with large corporations, non-profit groups, political organizations, post-secondary institutions or hotels and resorts. Others may launch their own business. In this industry, reputation is everything — client reviews could make or break a career.

NEXT CAREER STEP

Aspiring event managers or directors may benefit from pursuing industry-recognized certifications or memberships with the Canadian Society of Professional Event Planners (CanSPEP) and Canadian Special Events Society (CSES). Newcomers to the industry can gain more experience by volunteering for municipal events, networking with experienced planners and keeping current with industry trends.

JOHANNA SCHNELLER WHAT I'M WATCHING

Stars get political with ad

THE SHOW: "Save the Day" video
THE MOMENT: The real superheroes

One by one against a white background, celebrities implore Americans to register and vote. "The only way we can prove that your vote counts," Robert Downey, Jr. says, "is to have a lot of famous people . . ."

". . . Lots and lots of famous people," James Franco chimes in.

"A s— ton of famous people," Julianne Moore says, "repeating how important it is."

Taran Killam: "You only get this many famous people if the issue really matters . . ."

". . . Like a disease," says Scarlett Johansson.

"Or a racist, abusive coward who could permanently damage the fabric of our society," says Don Cheadle.

Yow.

Writer/director Joss Whedon has put one million of his own dollars into a Super PAC for Hillary Clinton, and has assembled actors from his film Avengers: Age of Ultron and his TV show Agents of S.H.I.E.L.D. to make a series of videos leading up to U.S. election day, Nov. 8.

This first one is a media-savvy blend of tongue-in-cheek, self-reflexive moments — "Sometimes a not-famous person will be mixed in with the famous ones to drive the message home with their unpolished sincerity," say two not-famous people; the celebs "surprise" Mark Ruffalo by claiming he'll appear naked in his next film if people vote — mixed with impassioned stings, such as Cheadle's.

Though neither Clinton nor Donald Trump is mentioned by name, the villain here is clear. "Help protect this country from fear and ignorance," says Bradley Whitford.

The superheroes aren't wearing their capes, but they sure are flexing their star power.

The video can be seen at savetheday.vote.

Scarlett Johansson joins Avengers co-stars in a Joss Whedon-funded video encouraging Americans to vote. LIZ BEDDALL/ METRO

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

BUSINESS

With no will, estate of Prince still in flux

Work to settle Prince's estate is moving forward, and a closed hearing is expected to be held this week to resolve an undisclosed dispute between the likely heirs and the trust company that's managing the estate. Court papers say only that the dispute involves "confidential business agreements." Five months after the musician's death, here's a look at where things stand:

Still no will

No will has surfaced since Prince died of an accidental painkiller overdose in April, so his sister, Tyka Nelson, and five half-siblings are likely to be declared the rightful heirs within the next few months. Carver County District Judge Kevin Eide has not made an official declaration or said when he will. He has rejected numerous claims by people who said they were Prince's children, wives and cousins, or that they otherwise deserved a piece his estate. The main question remaining is whether a woman and girl who claim to be Prince's niece and grandniece are entitled to shares. The judge plans to hold one or two hearings on that in November.

Claims deadline

A Sept. 12 deadline set by the judge for claims against the estate passed quietly. Most businesses that say they're owed money have been filing their claims directly with Bremer Trust, and those claims aren't public information. While people who claim to be Prince's heirs are supposed to have filed with the court by now, it's possible that more claims could trickle in. But the legal bar for getting taken seriously at this point is high.

THE ASSOCIATED PRESS

Prince died suddenly on April 21. THE ASSOCIATED PRESS FILE

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metro SPORTS

Winnipeg's Jonathan Toews is now 45-1-1 with Team Canada since 2006 after Saturday's 5-3 win over Russia in the World Cup semifinal

'The King' passes on

OBITUARY

Golf great Palmer won hearts, minds, many trophies

Arnold Palmer brought a country club sport to the masses with a hard-charging style, charisma and a commoner's touch. At ease with presidents and the golfing public, and on a first-name basis with both, "The King" died Sunday in Pittsburgh. He was 87.

Alastair Johnson, CEO of Arnold Palmer Enterprises, confirmed that Palmer died Sunday afternoon of complications from heart problems. Johnson said Palmer was admitted to the hospital Thursday for some cardiovascular work and weakened over the last few days.

Palmer ranked among the most important figures in golf history, and it went well beyond his seven major championships and 62 PGA Tour wins. His good looks, devilish grin and go-for-broke manner made the elite sport appealing to one and all. And it helped that he arrived about the same time as television moved into most households, a perfect fit that sent golf to unprecedented popularity.

"If it wasn't for Arnold, golf wouldn't be as popular as it is now," Tiger Woods said in 2004 when Palmer played in his last Masters. "He's the one who basically brought it to the forefront on TV. If it wasn't for him and his excitement, his flair, the way he played, golf probably would not have had that type of excitement.

"And that's why he's the king."

Arnold Palmer at the Lucky International Open in San Francisco in 1962. THE ASSOCIATED PRESS

Palmer at the Masters in April
GETTY IMAGES

Beyond his golf, Palmer was a pioneer in sports marketing, paving the way for scores of other athletes to reap in millions from endorsements. Some four decades after his last PGA Tour win, he ranked among the highest-earners in golf.

> **Arnold transcended the game of golf. He was more than a golfer or even a great golfer. He was an icon. He was a legend.**
>
> A statement from Jack Nicklaus

"Thanks Arnold for your friendship, counsel and a lot of laughs," Woods tweeted Sunday night. "Your philanthropy and humility are part of your legend. It's hard to imagine golf without you or anyone more important to the game than the King."

On the golf course, Palmer was an icon not for how often he won, but the way he did it.

He would hitch up his pants, drop a cigarette and attack the flags. With powerful hands wrapped around the golf club, Palmer would slash at the ball with all of his might, then twist that muscular neck and squint to see where it went.

"When he hits the ball, the earth shakes," Gene Littler once said. THE ASSOCIATED PRESS

CFL

Stampeders mourn loss of DB Hicks

Mathew Silver
For Metro | Calgary

The Calgary Stampeders are mourning the loss of one of their own.

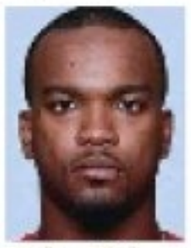
Mylan Hicks, 23, was shot and killed outside of Calgary's Marquee Beer Market early Sunday morning.

Joshua Bell, a 31-year-old Stampeders veteran said he left the nightclub before the shooting occurred.

"We lost family today," Bell said. "Everybody doesn't react the same but we lost family today, we're hurting."

Police responded to a report of gunshots at about 2:30 am, and transported Hicks to hospital in life-threatening condition. He later died as a result of his injuries.

Three suspects have been taken into custody and an autopsy is expected to be completed on Monday.



Mylan Hicks
THE ASSOCIATED PRESS

Hicks was a member of the practice squad, and signed with the Stampeders in May.

"Obviously this is an extremely difficult and upsetting time for the players and staff," said team president and general manager John Hufnagel. "Our thoughts and prayers go out to Mylan's family."

WORLD CUP OF HOCKEY

Europe books date with Canada in final

SUNDAY In Toronto

EUROPE	SWEDEN
3	2

Tomas Tatar scored twice, including the overtime winner, as Team Europe stunned Sweden with a 3-2 victory in the semifinal at the World Cup of Hockey on Sunday.

Tatar kicked the puck to his skate and put a shot past a sprawling Henrik Lundqvist at 3:43 of the extra period. It was ruled a good goal after a quick video review, earning Europe a berth in the best-of-three final against Canada beginning on Tuesday.

Marian Gaborik had the other goal for Europe (3-1-0) while Jaroslav Halak made 37 saves.

Erik Karlsson and Nicklas Backstrom responded for Sweden (2-0-2) while Lundqvist stopped 28 shots.

Canada defeated Russia 5-3 in the other semifinal on Saturday night. THE CANADIAN PRESS

MLB

Marlins ace dies in boating accident

Jose Fernandez escaped from Cuba by boat on his fourth try as a teenager, and when his mother fell into the Yucatan Channel during the journey, he jumped in and pulled her out.

Fernandez's heroic backstory made his death early Sunday that much more heart-wrenching. The charismatic Miami Marlins ace was killed in a boating accident at age 24.

Fernandez and two other people died when their 32-foot vessel slammed into a jetty off Miami Beach, authorities said.

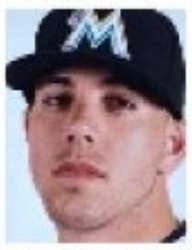
Authorities didn't know the time of the crash. The capsized boat was found shortly after 3 a.m.

"All I can do is scream in disbelief," said Hall of Famer Tony Perez, a Marlins executive and native of Cuba. "Jose won the love of all. I feel as if I had lost a son."

The Marlins' game Sunday at home against the Atlanta Braves was cancelled.

Within hours after the news broke, Marlins players gathered at the ballpark to grieve together.

"A lot of words were said — meaningful words and emotion and prayer," team president David Samson said. "Jose is a member of this family for all time."



Jose Fernandez
GETTY IMAGES

Samson spoke at a news conference while surrounded by every player on the Marlins, except their ace. The players wore team jerseys — black ones. Pitcher David Phelps stared at the floor and shook his head, while outfielder Christian Yelich took a deep breath and exhaled slowly. Their eyes were red.

The names of the other two individuals on the boat were withheld pending notification of relatives, the Coast Guard said.

Fernandez died from trauma and not drowning, said Lorenzo Veloz of the Florida Fish and Wildlife Conservation Commission.

Last week Fernandez posted a photo of his girlfriend sporting a "baby bump" on his Instagram page, announcing that the couple was expecting its first child. THE ASSOCIATED PRESS

IN BRIEF

Wilson banged up even more in Hawks' latest win

Russell Wilson is already dealing with more injuries in the first three weeks of the 2016 season than the first four years of his career.

This time, the Seattle Seahawks quarterback got lucky.

Wilson threw for 243 yards and a touchdown before suffering a sprained left knee and Seattle rolled to a 37-18 rout of the San Francisco 49ers on Sunday. The QB sounded confident that he'll be fine going into Week 4. THE ASSOCIATED PRESS

McIlroy wins playoff to capture FedEx Cup

Rory McIlroy finally won the FedEx Cup when he least expected it.

McIlroy was three shots behind with three holes to play Sunday in the Tour Championship. Nearly two hours later, he holed a 15-foot birdie putt on the fourth extra hole to win at East Lake in a playoff and claim the $10-million FedEx Cup bonus.

McIlroy was joined in a playoff by Ryan Moore (64) and Kevin Chappell (66). THE ASSOCIATED PRESS

RECIPE Carrot & Chickpea Stew

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Fill your home with the amazing fragrance of this Moroccan-inspired veggie stew.

Ready in 1 hour 5 minutes
Prep time: 5 minutes
Cook time: 1 hour
Serves 6

Ingredients
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1 Tbsp minced ginger
- Tbsp olive oil
- 3 cups carrots, chopped in 1/4 inch rounds
- 1/2 tsp turmeric
- 3/4 tsp cinnamon
- 1 tsp chili powder
- 1 red pepper chopped
- 1/2 zucchini chopped
- 6 or 8 mushrooms chopped
- 2 cups of canned chickpeas, drained
- 1 cup chicken or vegetable stock

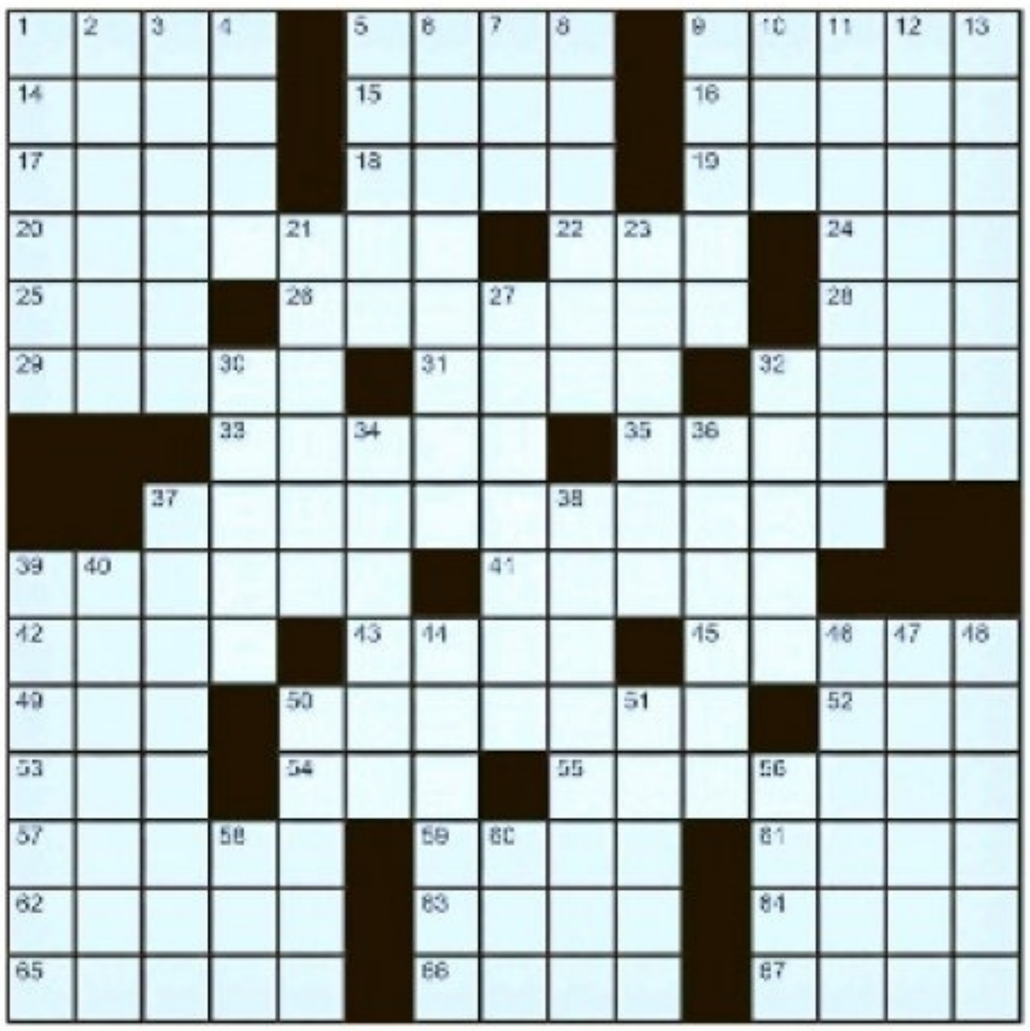
Directions

1. Sauté the onion, garlic and ginger in the olive oil until they're soft but not browned.
2. Add the carrots and the spices and a splash of stock to stop it from sticking.
3. Cook for 10 to 15 minutes, stirring occasionally.
4. Add the other vegetables and sauté for a couple of minutes.
5. Add the drained chickpeas and stock and simmer for an hour, stirring regularly.
6. Add salt and pepper to taste. Serve with a dollop of plain yogurt and some fresh cilantro.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Grind grub
5. Unruly crowds
9. Ring
14. Libertine
15. Help with the bank robbery
16. Old alphabetic symbols
17. Bygone time
18. Tropical destination
19. Emergence
20. Light aircraft
22. Fond du __, Wisconsin
24. __-game show
25. Dance style
26. Predictors in the past
28. Pres. Eisenhower
29. Will, posh-style
31. Overcook
32. Small weight
33. Theatre lane
35. Shoelace tips
37. Prince William and Kate are currently on a what of Canada?: 3 wds.
39. Combed-for-fossils sedimentary layers
41. Kitchen gadget
42. Fires
43. In that case
45. Proclamation
49. In the style of: 2 mots
50. Non-verbally say "Oh, I couldn't even bear that!"
52. Greek alphabet's 19th letter
53. Zodiac animal
54. 'Ideal' suffix
55. Whistle-holding cord
57. Expanse-related
59. Tel __, Israel
61. Choir voice
62. Lettered/numbered balls game
63. 2009 Kate Hudson movie musical
64. Docking spot
65. Stuffs with foodstuffs
66. Droops
67. Back talk

DOWN
1. Horror movie haunts
2. "Whoopee!"
3. Galilean moon of Jupiter
4. Do a boo-hoo-hoo
5. "Finding Vivian __" (2013)
6. __ course
7. "The Fresh Prince of __-Air"
8. Stanley's wife in "A Streetcar Named Desire" (1951)
9. Comfy shoes brand
10. Sweetie
11. Motivator
12. Kalahari Desert animal
13. Reverences
21. John Belushi's character in "The Blues Brothers" (1980), '__' Jake Blues
23. Refresh the lawn
27. Said that word photographers say to say, say
30. Ms. Turner's
32. Pasted
34. Scythe tracks
36. Regulate
37. Decoration
38. __ wood
39. Sacred beetles of ancient Egypt
40. Greek Myth: Winged sandals worn by ancient messenger Hermes
44. People
46. Roma's realm
47. __ du jour (Montreal 'menus')
48. Henry VIII, and kin
50. Country towers
51. Roof rim things
56. Puppy protestations!
58. Stone __
60. Through

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
It's Monday — but it's a playful Monday for your sign. Accept invitations to party. Focus on creative activities, sports, the arts and romantic diversions. Stir up some fun!

Taurus April 21 - May 21
Focus on home, family and your private life today. In fact, a conversation with a parent or a female relative could be important for both of you. Go with the flow.

Gemini May 22 - June 21
Ashort trip and a chance to talk to siblings and relatives probably are on the menu for you today. This is a fast-paced, busy day full of errands and little tasks.

Cancer June 22 - July 23
Money and cash flow are on your mind today. Perhaps this is because you are redecorating at home and possibly exploring future real-estate opportunities.

Leo July 24 - Aug. 23
Because the Moon is in your sign today, why not ask the universe for a favor? For two days every month, the Moon is in your sign making you a little luckier than all the other signs.

Virgo Aug. 24 - Sept. 23
Work alone or behind the scenes today. Keep a low profile. It's just that kind of day.

Libra Sept. 24 - Oct. 23
Interactions with a female friend will be important today. You might want to share your hopes and dreams for the future to get others' feedback.

Scorpio Oct. 24 - Nov. 22
A discussion with a female authority figure (boss or parent) will be significant today. At the very least, listen to what is said. (You never know where you will next hear some wise advice.)

Sagittarius Nov. 23 - Dec. 21
Travel will appeal to you today, because you want to broaden your horizons. Make an effort to learn something new. Go someplace you've never been before.

Capricorn Dec. 22 - Jan. 20
Address issues related to inheritances and shared property today so that you are caught up with red-tape details. Don't let this stuff fall behind.

Aquarius Jan. 21 - Feb. 19
Conversations with partners and close friends will be significant today. Be prepared to agree and go along with what's being proposed.

Pisces
Feb. 20 - March 20
Do something to feel better organized today. Set aside 10 or 15 minutes to tidy up your scene or get rid of something you no longer need. Streamline your space!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

8	7				1			
1			9		6			
					2			4
	4					7	5	
				9				
	5	7					1	
7			2					
			3		9			6
		6					4	7

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FRIDAY'S ANSWERS

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3	6	5	7	1	4	9	2	8
2	4	9	8	3	5	1	6	7
7	1	8	9	6	2	4	3	5
6	8	4	5	2	9	7	1	3
9	2	1	6	7	3	5	8	4
5	3	7	1	4	8	6	9	2
1	7	3	4	8	6	2	5	9
8	9	6	2	5	7	3	4	1
4	5	2	3	9	1	8	7	6

Changes coming to SkyTrain October 22

TransLink's integrated transit network has seen a lot of changes over the years. Soon, there's going to be an exciting new change—the Evergreen Extension extends the Millennium Line to Coquitlam through Burnaby and Port Moody! Operating pattern changes will begin in advance of the Evergreen Extension opening as part of our testing process.

What are the key changes?

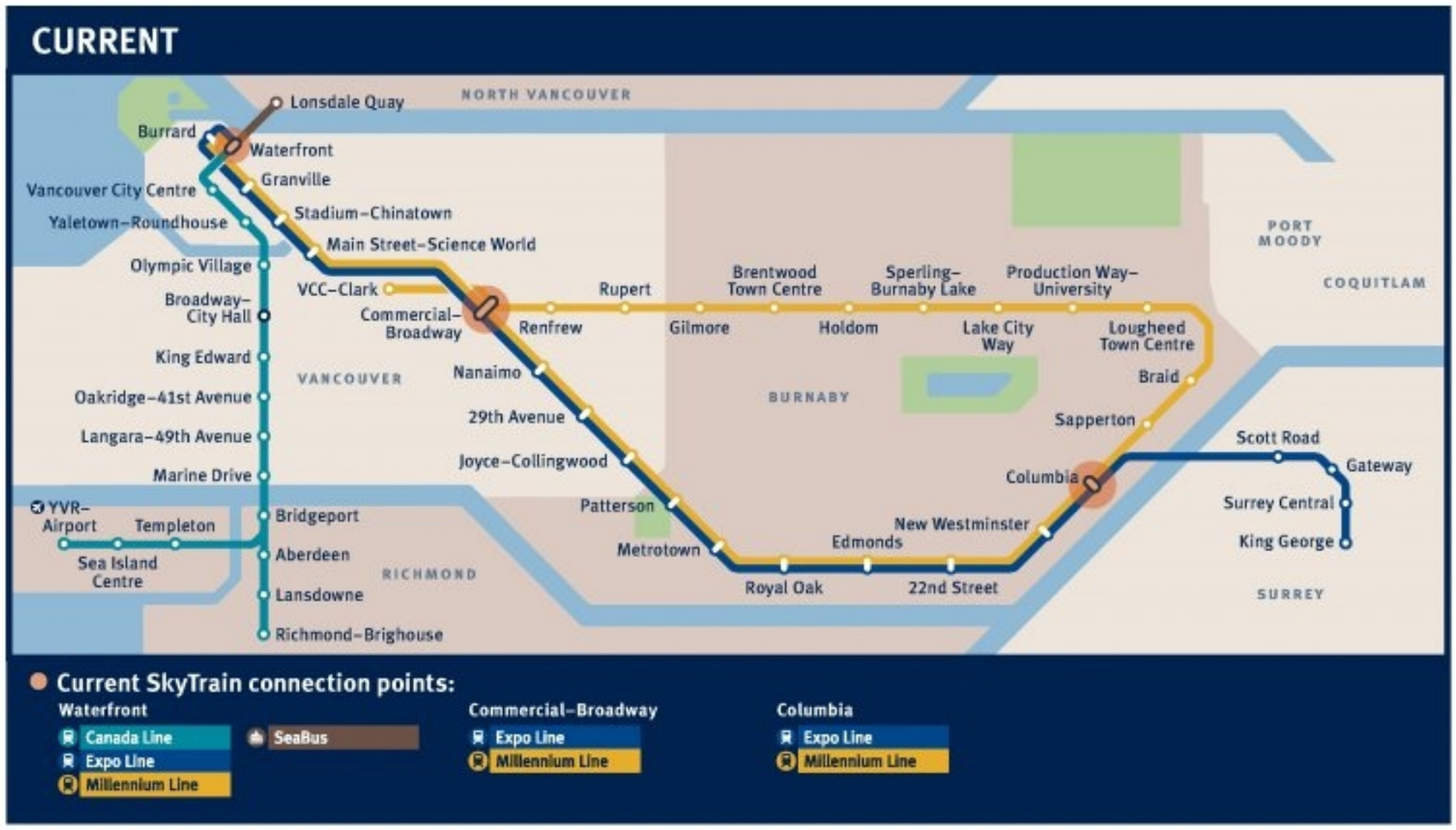
1. The Expo Line will now have two routes. One route will continue to travel between Waterfront Station and King George Station.

2. A second Expo Line route will run between Waterfront Station and Production Way–University Station.

3. The Millennium Line will no longer travel to/from Waterfront Station. Instead, it will now run between VCC–Clark Station and Lougheed Town Centre (continuing on to the Evergreen Extension when it's open).

Did you know?

Once the Evergreen Extension opens, our SkyTrain network will become the longest, driverless, automated rapid transit system in the world.



Know before you go at **translink.ca/skytrainchanges**

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